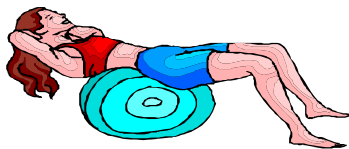


Adorni Center Aerobics



Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM							
7:30 AM							
8:00 AM			Wake-up Cardio Gayle		Wake-up Cardio Gayle		
8:30 AM				Aero/Strength Combo w/Cat		Combo Class Cat	
9:00 AM		Fat Burner & Core Becky	Body Sculpt, Core & More Gayle		Body Sculpt, Core & More Gayle		Step Aerobics Mary
9:30 AM							
10:00 AM		Inspired Yogalates Michaele		Yoga for Stiff People Lorna	Power Ball Gayle 45 min	Yoga for Stiff People Lorna	Cardio Circuit starts in wt. room Michaele
10:30 AM			Power Walk & Weights Michaele 90 min				
11:00 AM		Light & Easy Aerobics Bonnie			Light & Easy Sculpt, Walk & Stretch w/Michaele	Light & Lively Aerobics Bonnie	Inspired Yogalates Michaele
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM		Sweat it Out Becky	Basic Step Rachel	Sweat it Out Becky	Basic Step Rachel		
5:30 PM			Camp Chizzel Body Sculpt Michaele	Step & Core Michaele	Camp Chizzel Body Sculpt Michaele	Basic Step & More Rachel	
6:00 PM		Step & Core Michaele					
6:30 PM			Inspired Yogalates Michaele		Inspired Yogalates Michaele		
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							

*If you are
injured, pregnant or
attending class
for the first time,
please introduce yourself
to the Instructor and
make them aware of your
circumstances.*



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